

Radiogram No. 9160u

Form 24 for 10/28/04

ISS Readiness For Emergency Egress Drill

ВРЕМЯ	ЭКИПАЖ	РАБОТА
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-06:50	CDR	Calf volume measurement MO-7
06:40-06:50	FE-1	MO-8. System set up
06:50-07:00	FE-1	Calf volume measurement
06:50-07:05	CDR	MO-8. Body mass measurement
07:05-07:20	FE-1	
07:05-07:55	CDR	BREAKFAST
07:20-07:30	FE-1	MO-8. Close out ops
07:30-08:20	FE-1	BREAKFAST
07:55-08:25	CDR	Prep for work
08:20-08:25	FE-1	Prep for work
08:25-08:40		Daily planning conference (<i>S-band</i>)
08:40-09:05	FE-1	Prep for work
08:40-09:10	CDR	Defibrillator battery 1 charge (start)
09:05-09:15	FE-1	PLSU (БСПН) data copying to flash card via ISS Wiener
09:10-09:20	CDR	EarthKAM: lens change
09:15-10:50	FE-1	Crew training on RS window inspection and photo. <i>Tagup with specialists (S-band)</i>
09:20-10:20	CDR	Crew time for adaptation and familiarization with the station
10:20-11:50	CDR	Physical Exercise (RED)
10:50-12:20	FE-1	Physical Exercise (TVIS) day 1
11:50-12:20	CDR	HRM software prep
12:20-13:20		LUNCH
13:20-13:30	CDR	Defibrillator battery 1 charge (terminate) and battery 2 (start)
13:25-13:30	FE-1	PLANTS-2. Data downlink
13:30-15:30		ISS Readiness For Emergency Egress Drill
15:30-16:00	CDR	COЖ maintenance
15:30-15:40	FE-1	PLSU directory cleaning via ISS Wiener
15:40-16:15	FE-1	Crew training on RS window inspection and photo. (<i>File prep for downlink</i>) <i>Tagup with specialist (VHF)</i>
16:00-17:00	CDR	Physical Exercise (TVIS)
16:15-17:15	FE-1	Crew time for adaptation and familiarization with the station
17:00-17:05	CDR	Defibrillator battery 2 charge (terminate)
17:05-17:25	CDR	HRM data download to MEC
17:15-18:15	FE-1	Physical Exercise (VELO+Force Loader/cycle 1) day 1
17:25-17:40	CDR	HRM data file erase
17:40-17:45	CDR	TVIS/RED exercise data downloads to MEC
17:45-18:05	CDR	IMS file prep
18:05-18:20	CDR	Defibrillator battery voltage check
18:15-18:20	FE-1	Hematocrit. Set up
18:20-18:45		Daily plan review

18:45-19:15		Report prep
19:15-19:30		Daily planning conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Note: See OSTP for references to US activities

End of radiogram